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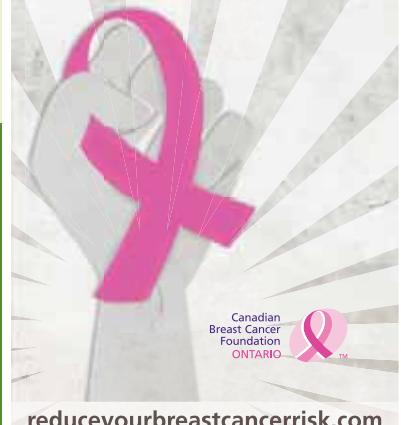
BURGER JOINT A
MECCA FOR MEAT
LOVERS
LUNCH RUSH {page 16}

DR. OZZY PRINCE OF DARKNESS TALKS HEALTH IN NEW BOOK {page 12}



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Park. Play

► Riley MacDonald, foreground, enjoys the warm weather at New Edinburgh Park as her mother Carly, right, and Michael Dumont play with a Shih Tzu-border collie mix named Julius.

SEAN MCKIBBON/METRO

Ottawa thankful for Thanksgiving weather

Temperatures in Ottawa climbed as high as 23 C yesterday. Environment Canada forecasts the high will reach a sunny 21 C today. Rain clouds are predicted to darken and dampen the rest of the week with cooler temperatures.

Group set to Occupy Ottawa

- Protesters intend to ignore city bylaws
- Organizer hopes number of protesters will keep police from making mass arrests

Confederation Park may turn into a tent city on Saturday as hundreds are expected to come out for the Occupy Ottawa demonstration.

The mass protest is modelled on the Occupy Wall Street demonstrations in New York that are heading into their fourth week.

One of the lead organizers in Ottawa, Kevin Donagh, said more than 150 people showed up to a planning meeting on Thursday at the University of Ottawa to organize themselves and sort out the logistics of the demonstration.

Activists are set to camp in the park for days, unless police remove them from the site.

"If there are 1,000 of us refusing to take our tents down or pack up and leave, then the responsibility falls onto police and the city," he said. "Do they want to flood the court system?"

Donagh was one of the 117 people who were arrested on Parliament Hill during the oilsands protest on Sept. 26. He said it's not his intention to get arrested again, but some activists are willing to risk it in order to get their message across.

"Essentially it comes down to corporate greed and putting corporate interests before people, and putting profit before people."

KEVIN DONAGH, PROTEST ORGANIZER

Their message, though, is another contentious issue for the organizing committee.

Donagh said the multitude of demands activists have has been divisive. A general assembly will be held Saturday at the protest to discuss everyone's issues.

"We're hoping that there will be between 500 to 1,000 out (on Saturday) and we can actually engage them in the demand-making process. It is very difficult to align everybody's point of view," he said.

Donagh said he will demand greater protection of First Nations lands, adding that more consultations between government and aboriginals are needed before resource-extraction projects begin.

● JOE LOFARO

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JOE LOFARO/METRO

1

news



Not all economic crises are created equal, Allan Small says, and the current market decline is not the same as what happened in 2008. Scan code for more.

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Tomorrow in Metro:

Zombies are invading! Pick up tomorrow's edition to learn everything you need to know about the brain-eating undead — and to find out what to do if and when they come to your city.

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A feast of turkey and good company

- It takes a village of volunteers to whip up and serve a little dinner for 2,600 guests
- That's not to mention 2,300 pounds of fowl, 50 gallons of gravy and all the trimmings

 **JOE LOFARO**
@METRONEWS.CA

The hundreds of people who queued out the door and onto the sidewalk outside the Ottawa Mission waiting for Thanksgiving dinner yesterday is a wakeup call for the city, Mayor Jim Watson said.

"While our economy is in pretty good shape, we still have some challenges

and some people still slipping between the cracks," said Watson, who volunteered as a server at the mission.

He said he is proud that city council invested \$14 million to build new affordable housing but that "every time I come here, it reminds me that we still have a lot of work to do."

This year Watson was on beverage duty with Paul Johnston, an inspec-

tor with the Ottawa Police Service, topping up everyone's glasses with orange or tomato juice.

The guests seemed to enjoy seeing the mayor pitch in as he whipped by each table with two jugs of juice in hand. Others were just enjoying each other's company and the hot meal.

"A lot of people don't have the money to buy fixings for turkey dinner

or are living in a rooming house," said Shirley Roy, community and media-relations manager for the Ottawa Mission. "If they're alone or on disability, this is designed for that, to have some fellowship and somebody to eat with."

Roy said more than 2,300 pounds of turkey and 50 gallons of gravy were prepared last week in anticipation of feeding

about 2,600 guests. Donations from the Ottawa Food Bank and about 110 volunteers helped to pull it all off, for which Roy said she is thankful.

Asked what he was thankful for, Watson said, "I'm thankful my parents are still alive and have their health and that all of our immediate family live in the same city and we can share special days like Thanksgiving together."

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Passerby attacked

► 28-year-old who tried to stop fight seriously injured

Ottawa police are investigating a large fight that left one man with serious head injuries.

Police responded to a fight in a parking lot in Ottawa's central market area

(near Cumberland and George streets) around 3 a.m. on Saturday.

They say several men were assaulting another man when a 28-year-old passerby intervened. At

that point, the attackers pounced on the passerby, beat him unconscious and went through his pockets, robbing his cellphone. Police have charged five Ottawa men. **THE CANADIAN PRESS**

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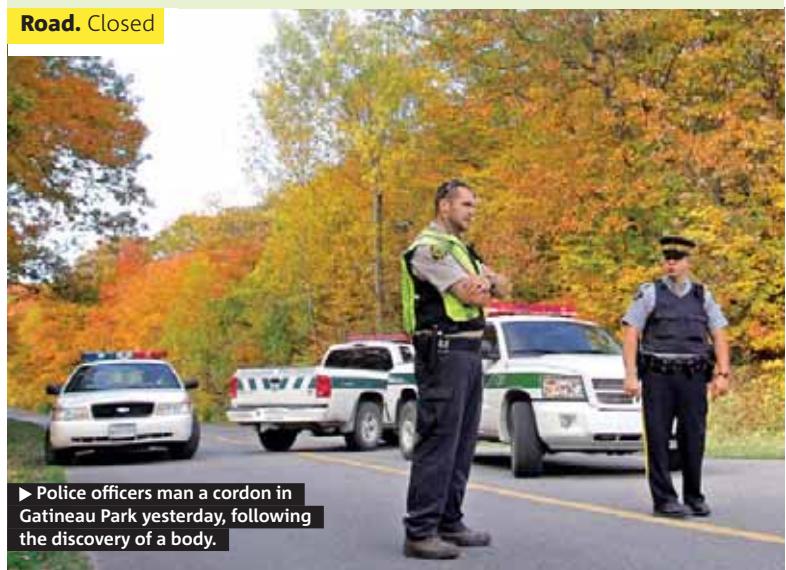
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Road. Closed



► Police officers man a cordon in Gatineau Park yesterday, following the discovery of a body.

MIKE CARROCCETTO/FOR METRO

Foul play ruled out in death: Police

MRC des Collines police were probing the death of a 57-year-old man whose body was discovered yesterday at Champlain Lookout in Gatineau Park by a hiker. The man appeared to have fallen from a height, and his body was in a particularly difficult place to access, police said. While police ruled out foul play, they are trying to determine whether the man's death was accidental or a suicide. The discovery and investigation led to the closure of Champlain Lookout as well as Huron and Etienne Brule lookouts for several hours yesterday.



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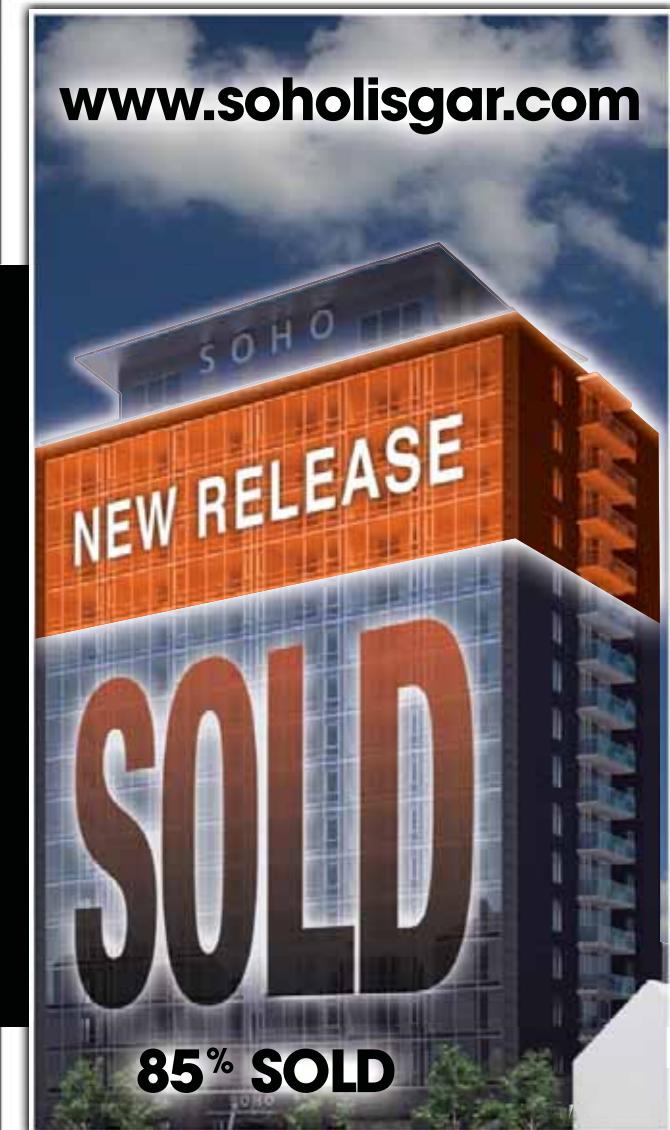
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Boat sinks during family fishing trip

► Rescued women wanted to know, 'Where are our husbands?': Coast guard ► Treated for hypothermia

Seven members of a U.S. family, including a four-year-old girl, survived 20 hours at sea by clinging to their capsized boat and a small cooler after their vessel flipped during a fishing trip off the Florida Keys, officials said yesterday.

A 79-year-old mother of two of the rescued boaters, Zaida San Jurjo Gonzalez, was missing and presumed drowned.

The other women told rescuers they didn't have time to grab life jackets for anyone except the girl when two waves suddenly flipped the boat off Long Key in choppy, rainy waters Saturday afternoon, U.S. Coast Guard Seaman Kendra Graves said.

Warnings

It wasn't clear if the boaters were aware of a small-craft advisory posted early Saturday.

- The advisory had warned of wind speeds of 37-61 km/h and seas 2.1 metres or higher as torrential rains poured over the Keys and South Florida.
- "They shouldn't have been out there," said Robert Dube, a spokesman for Florida Fish and Wildlife.

Jorge Alejo Gonzalez and the two other men tried to help his mother, but she went under the water within minutes, said Florida

Fish and Wildlife Spokesman Robert Dube.

"He could not hold onto his mother and she went under," Dube said.

The boaters quickly drifted apart. The men held onto the boat. The three women and the girl clung to the cooler.

A commercial fisherman saw the capsized boat Sunday morning and rescued the men, Dube said. The women and girl were soon picked up by the Coast Guard, several miles from where the boat had capsized. "They were hanging onto the cooler. It was afloat but its main purpose was to keep them together," Graves said.

THE ASSOCIATED PRESS

Street. Stomp



► Thai mahouts ride their elephants through flooded streets yesterday in Ayutthaya, Thailand. Around 200 factories closed in this central province because of flooding, which is also posing a threat to Bangkok.

PAULA BRONSTEIN/GETTY IMAGES

Bangkok barricaded as floods near

Thai authorities are rushing to build sandbag barricades in Bangkok to protect it from floods that have already killed nearly 270 people across the country.

Hurricane threatens Mexico resorts

Hurricane Jova strengthened to a major Category 3 hurricane yesterday as it marched toward Mexico's Pacific coast, threatening the idyllic beach resort of Barra de Navidad and one of the nation's biggest cargo ports.

THE ASSOCIATED PRESS

201 Hurricane Jova's maximum sustained winds built to near 201 km/h yesterday.

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Market moment

TSX	Dollar	Oil	Natural gas
			1,000 cu ft \$3.541 (+ 6.0¢)
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The next man's best friend

- Virtual humans are 'cheaper' and 'more consistent'
- Chatbots are mainly used for customer service

ELISABETH
BRAW

OTTAWA@METRONEWS.CA

METRO WORLD NEWS IN LONDON

She's everyone's favourite friend. Always there. No issue is too silly to discuss, and she always has kind, witty or unexpected answers.

That's because she's a computer. More precisely, she's a virtual human (nickname: Cleverbot), a computer program designed to mimic humans and interact with them. "They (people) talk to her for hours, and then they email me and say 'Wow, that was the best conversation I've had today,'" says her creator, Rollo Carpenter, a British computer scientist.

Welcome to a world where virtual and real humans mix seamlessly.

"In the past, chatbots were only able to answer



METRO WORLD NEWS

► Evie, a chatbot avatar that uses the Cleverbot software.

simple questions, but they're getting smarter," explains Erwin van Lun, CEO of Chatbots.org.

To pass the industry benchmark, known as the Turing Test, a virtual human has to be so convincing that the user can't tell she's not a real person.

And virtual humans are becoming more human-like. Earlier this month Apple introduced Siri, a

voice-recognition system that functions as an iPhone user's virtual assistant, scheduling appointments, looking up restaurants and providing gentle reminders all inside the iPhone.

In the future, predicts Carpenter, Siri-like virtual assistants will be our friends.

"We may even have them implanted as a chip in our brains," he says.

Tweets on Siri

- @gattaca: Can't wait for the Siri "questions from last night" website.
- @daveatz: Siri: Where is the iPhone 5?
- @jowyang: How soon will see Tweets "Published by Siri"
- @iamleeg: Siri needs drunk mode. "Siri, call my ex-girlfriend." "I'm sorry Dave, I'm afraid I can't do that."
- @nsxdavid: Siri, are these the droids we are looking for?
- @micodonoghue: "How do I hide the body Siri? How?!"

"You'll just be able to say, 'What was that movie I saw the other night?' and your friend inside your brain will tell you."

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WHAT'S IN A MAIDEN NAME?

SHE SAYS ...

JESSICA NAPIER
METRO



I used to hate my surname. I would groan every time I had to explain that no I am not French and it's pronounced NAY-pee-ur not NAAAA-pee-yer.

As a child I longed for a simple last name, something solid and sensible like Barber or West. But as time went on, I grew to love my slightly unusual moniker. My name has been with me for 26 years and I'm not quite sure that I'll ever want to give it up.

And yet, I know plenty of women who are more than happy to abandon their surnames the moment they tie the knot.

Every weekend, a growing number of strangers populate my Facebook news feed as each new bride eagerly adopts her husband's name.

Many modern women wrestle with the name-change debate in the months leading up to their nuptials.

Relinquishing your maiden name is hardly the marriage prerequisite it once was, but it still seems to be the cultural norm here in Canada.

"And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up in divorce court."

Some argue that a shared name for both partners builds a cohesive family unit and helps avoid the inevitable conflict over children's names. Plus there's the added bonus of never having to defend yourself against nosy in-laws and acquaintances who just can't understand why you don't want to use your "family name."

Sure there are plenty of reasonable arguments for ditching your surname for his, but isn't this tradition a bit archaic? I can't help but feel like there's a lingering sense of ownership

surrounding the whole thing.

I shudder when I hear a newly-wed couple introduced as Mr. and Mrs. His First and Last Name, as if a change in marital status has resulted in the dissolution of her entire identity.

But let's forget the feminist unease for a moment. Taking your husband's name is also an enormous bureaucratic headache. Changing your name on all of your official documents — passport, driver's licence, health card, credit cards — means lengthy line-ups, stacks of paperwork and a lot of hassle.

And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up in divorce court.

Ultimately, it's a very personal decision and there's really no right or wrong choice — only what's right for you. Unless you've decided to go with a hyphenated compromise. Excellent in theory, but individuals with multiple surnames always end up sounding a bit too much like law firms.

Read more of Jessica Napier's columns at metronews.ca/shesays



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Can Apple survive without Steve Jobs?

63%

YES, HE LEFT
THE
COMPANY IN
GOOD
HANDS.



36%

NO, THE
VISIONARY IS
GONE.

Local tweets



► **@Warhol_luv:**

A butterfly landed on Evans hand today. It was there for 10 second, then there was a noise & it flew away, just shy of me taking a photo.

► **@Canatavares_:** Come to Monster on baseline! I'm the butterfly waving outside with the frog :):) #itsabeautifulday

► **@mc_hess:** Huge rush of police into Gatineau Park .. Champlain Lookout surrounded in tape.. I wonder what is going on?? #ot-

tawa #gatineau
► **@itsinyoutogive:** Happy Thanksgiving! It's in you to thanksgive! #groaner #badjoke #happythanksgiving
► **@oxmegannxo:** More turkey again today, featuring g.randpa and the fam. Gonna be a million pounds after tonight. #nbd #need-tohitthegym #happythanksgiving
► **@Erikaaaa321:** Beautiful weather, mom cooking like crazy, family all in one place... so much to be thankful for. #HappyThanksgiving everyone!

Letters

RE: John Mazerolle's column published Oct. 6, Let's talk birds and bees

While Mazerolle's article is already a somewhat pointless rehash of the tired and overdone issue of talking to teenagers about sex, he worsens the matter with his tactless and failed attempt at wit. In the print version of your paper he suggests warning boys off drinking and sex because this could result in relations with a fat girl and it could be all over the Internet by the following day. I noticed your online version had the decency to remove that paragraph but I was most offended by your print edition.

ELIZABETH DUNGAN, TORONTO

There seem to be a lot of letters being sent in regarding the column.

Have the people sending these in never heard of comedy? Honestly it is intended to poke fun at a subject, not to take it seriously. I happen to be an overweight woman and I did not find this article hurtful, ignorant, rude or offensive. Grow up and learn to take a joke.

When did we turn into a society that's so damn politically correct?

JACKI NORRIS, TORONTO

Gourd. Champ



► Leonardo Urena celebrates after his pumpkin won this year's Half Moon Bay giant pumpkin contest in Half Moon Bay, Calif. yesterday.

PAUL SAKUMA/THE ASSOCIATED PRESS

Photo of the day
The award-winning pumpkin weighed 1,704 pounds, making it a new California record. The circumference was 195 inches.

WEIRD NEWS

Fighting evil lands superhero in handcuffs

Instead of the bad guys, it was Seattle's most prolific self-styled superhero that ended up in handcuffs.

Police officers arrested the 23-year-old man who calls himself Phoenix Jones early Sunday after he was accused of assaulting several people with pepper spray. He was booked in county jail on four counts of assault, with arraignment set for Thursday, police said yesterday.

Jones, who wears a black mask with yellow stripes and a bulging muscle bodysuit, said he was only trying to stop a street brawl.

"Just because he's dressed up in costume, it doesn't mean he's in special consideration or above the law. You can't go around pepper spraying people because you think they are fighting," said Seattle police spokesman Det. Mark Jamieson.

Jones has been the most public face of a group of vigilante crime stoppers to show up in Seattle in the last couple of years. His exploits have garnered much media attention, and he's had a camera crew trailing him in recent months.

Peter Tangen, a volunteer spokesman for Jones, said yesterday that police didn't have any interest in the alleged incident, but rather have an agenda against the masked crime fighter.

"They're on a mission to stop Phoenix Jones from what he's doing, which is legal," Tangen said.

THE ASSOCIATED PRESS

Vanasse goes global

► Quebec actress Karine Vanasse has her eye on the big-screen English language market
► Roles in Canadian indie film *I'm Yours* and ABC's *Pan Am* are turning heads outside Quebec

Already established in her home province of Quebec, francophone actress Karine Vanasse set her sights on launching a big screen career in the English-language market and beyond.

She found an agent to help her break into English Canada and the United States and scored her first anglophone leading role outside Quebec with the upcoming low-budget Canadian indie film *I'm Yours*.

But the lanky brunette says it's a small-screen role on the big-budget ABC series *Pan Am* that's proving to be the real key to her bid for global stardom, noting that early international sales have already introduced her to audiences overseas.

"I did a movie in France last (year) ... and they already knew about *Pan Am* — it's been sold everywhere in the world," said Vanasse, whose Canadian film credits include 2009's *Polytechnique* and the just-released bilingual comedy *French Immersion*.

"Hopefully the show will work internationally and if it allows me to have a more international career... it's great to see that's possible."

The vast overseas market for North American TV offers a lucrative launching pad for actors hoping to be known for more than



► Francophone actress Karine Vanasse says her role in ABC's *Pan Am* is proving to be the key to her bid for global stardom.

just small-screen characters, said Elisha Cuthbert, the Canadian star of ABC's *Happy Endings*.

The Calgary-born actress says that's why she's just as concerned about cultivating a foreign following for her ensemble sitcom as she is about netting solid U.S. ratings.

"On a worldwide scale as opposed to just the United States — which is a huge deal — I would think that our international ap-

peal is more important," Cuthbert said in a recent interview while promoting the U.S. series, which airs on Citytv in Canada.

She pointed to the global impact of her long-running spy serial *24*, which scored a healthy international fanbase with its mix of political espionage and family drama.

"*24* is what I can kind of relate to — that being such a worldwide success, it opened up the doors to do

film (and was) useful in selling smaller films on an international scale," said Cuthbert, whose big screen vehicles have included *The Girl Next Door*, *House of Wax* and *Old School*.

"I do not underestimate the power of the world seeing the show and liking it and enjoying it because it does definitely make it a lot easier to go out and do other projects."

"The more countries

we're in, the better all around."

Indications are that the foreign sales market is booming. Last month, Time Warner CEO Jeff Bewkes predicted his company would double overseas business in four years as its pay TV networks and shows become more broadly distributed.

And the most recent gathering of MIPCOM, an annual industry event in Cannes geared toward program sales to large European broadcasters, saw a growing prominence of digital platforms hungry for North American content.

Mad Men star Jon Hamm said he was astounded to learn of his show's reach when he went on a press tour last year to France and Germany.

"I think we're in something like 70 countries or something, I don't know the exact numbers but it was eye-opening to me because I was like, 'Holy cow, Turkey! Really? Awesome. Israel? Great,'" Hamm said during a recent stop in Toronto to promote a big-screen romantic dramedy, *Friends With Kids*.

"That's kind of the world that we live in obviously — that entertainment is global now."

"It's not specifically one territory or another, necessarily."

THE CANADIAN PRESS

Box office



Boxing robots are the undisputed champions at the weekend box office.

According to studio estimates Sunday, Hugh Jackman's *Real Steel* debuted at No. 1 with \$27.3 million.

George Clooney's political saga *The Ides of March* was the runner-up, opening at No. 2 with \$10.4 million. Previous No. 1 movie, *Dolphin Tale*, slipped to No. 3 with \$9.2 million.

THE ASSOCIATED PRESS



Father of Amy Winehouse has memoir due next summer.



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The Tree of Life

Genre: Drama
Director: Terrence Malick
Stars: Brad Pitt, Sean Penn, Jessica Chastain

Think of it as a grand song, poem, prayer or even chant, but don't approach Terrence Malick's *The Tree of Life* as just another movie. It aspires to be far more than that, and it gloriously succeeds.



► *The Tree of Life*

The film is nominally based around a troubled 1950s family in Waco, Texas, headed by an angry, disillusioned father (Brad Pitt), who is married to a sweet, naive mother (Jessica Chastain). The O'Briens have three rambunctious sons, including elder lad Jack (bright new face Hunter McCracken), played as an adult by Sean Penn.

You also shouldn't expect a conventional narrative. *The Tree of Life* unfolds, rather, in a cascade of images that's closer to epic verse. In scenes ranging from the creation of the universe to an idyllic moment with dinosaurs on earth, Malick challenges the viewer to understand how humans — wrestling with nature ver-



► *Horrible Bosses*

sus grace — are just part of a much grander scheme.

Malick's new masterpiece crosses the boundaries of the picture frame and heads straight for the imagination — a journey we all must take.

There are no extras in this DVD release, but talk

persists of a future special edition. ● PETER HOWELL

Horrible Bosses

Genre: Comedy
Director: Seth Gordon
Stars: Jason Bateman, Charlie Day, Jason Sudeikis

●● 1/2
Best buddies Nick (Jason Bateman), Dale (Charlie Day) and Kurt (Jason Sudeikis) just want to make a few bucks, get drunk and get laid. But they've all got horrible bosses who have driven them to desperate measures.

Dental assistant Dale is being sexually abused by his randy dentist boss, Dr. Julie, played by Jennifer Aniston, who has never been funnier. Kevin Spacey is truly hateful as psycho financier Dave, and Colin

Farrell is hilarious as coke-snorting chemical heir Bobby.

But how should the put-upon wage slaves get rid of their loathsome overseers? Before you can say Mother-er, along comes murder consultant Dean Jones (Jamie Foxx) to help them plot their dastardly deeds.

Director Seth Gordon

and a trio of writers keep the viewer guessing about the ultimate outcome of the murder plots, no small feat in a laugher as broad as this one. (So much scenery is chewed you'd think the set was beset by a plague of locusts.) This isn't murder most foul, but most fouled up.

● PETER HOWELL

Rachel Bilson is all Hart

► O.C. actress takes on new TV role as a big-city-to-small-town doctor

Rachel Bilson has a secret weapon while working on her new TV show *Hart of Dixie*: producer Josh Schwartz.

Schwartz, who produces *Dixie*, was also the creator and producer of the teenage soap opera *The O.C.*, which made Bilson famous. And she has guest-starred on Schwartz's NBC

comedy *Chuck* and he cast her in a different pilot for that network in 2010 that didn't get picked up.

Bilson says she's so close to Schwartz he's like family. He's even married to her best friend. (She introduced the couple.)

"We do work really well together and he's so talented and I trust him more

than anything. Before I take a new project I usually call Josh and I'll be like, 'What do you think?' she said.

"It's really nice to feel that comfortable jumping into something new, having him by my side."

Bilson is also more comfortable on *Dixie* because she's got more experience

under her belt.

"The O.C. I started when I was 21. Now being 30 years old and working on a show it's just different... you know the drill and it's kind of nice to step into a role and a job that you're very familiar with."

Hart of Dixie airs Mondays on the CW at 9 EDT.

THE ASSOCIATED PRESS

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PAT HEALY

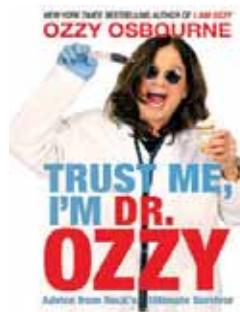
SCENE@METRONEWS.CA

Ozzy Osbourne may be the last person you'd turn to for medical advice or psychological counselling, but hundreds of fans have thought otherwise, as hard rock's most affable singer recently opened himself up to answering questions for his brand new book, *Trust Me, I'm Dr. Ozzy*.

The book is a perfect mixture of this bat-chomping tongue-in-cheek answering and sincere advice from one who has gone off the rails on a crazy train and lived to tell about it. But one thing Osbourne usually defaults to, in both conversation and in the book, is the phrase, "Go see a f—ing doctor!"

After reading your first book, *I Am Ozzy*, last year, it was amazing to watch the transition from somebody who spent a lot of time talking about feeling so alienated growing up to somebody who is comfortable dispensing medical advice to the masses.

I don't prescribe things to do with medication, or whatever. It's basically



common sense. For instance, one guy wrote in and said, "I've just been prescribed this medication, and it says, 'Avoid alcohol when taking this medication,'" and he goes, "What should I do?" ... I say, "Well, either you're a dummy or you do what the bottle says!" ... Most of it is common sense, but every now and again people go, "I can't tell the doctor about this, he'll think I'm stupid." That's what they're there for!

Maybe it's the anonymity of writing to Dr. Ozzy?

Yeah, but the doctor isn't gonna go, "Oh, we've got one here who has got a pimple on his butt the size

of ... a dollar bill! Come on in here!" Doctors have seen far more crude things than I ever have and ever want to.

How do you decide when you're answering these questions if you're going to be silly or serious?

It depends on the question. ... One guy goes "I'm constipated. I can't go to the bathroom." I just go, "You wrote me asking me about your constipation. If nothing works, you should really go to your doctor."

In this book, there is definitely a lot of stuff about, how did you phrase it? Going to the bathroom.

Oh yeah. I suppose the general public has a fetish with sh—.

There are points where the advice skews on the heavy side, like where somebody wrote in about mourning the death of a friend.

Well, that guitar player of mine died, Randy Rhodes. Grief is very weird. People go through it differently. You think of grief as feeling sad.

That is just one part of it. [My wife] Sharon and I



► Ozzy Osbourne has opened up to answering medical questions in his brand-new book, *Trust Me, I'm Dr. Ozzy*.

at the time had an emotional blockage for a while. Sharon couldn't listen to a record, and acted like it never happened. ... I strongly advise therapy. Being the alcoholic guy that I am — I was in rehab — and I know that you might mourn the loss of your best friend with alcohol. It's a process. ... You drink alcohol as a medica-

tion, some people do, because you numb the feelings.

I was surprised to learn how much of a hypochondriac you are.

Oh, I'll catch a disease off the TV. If you scratch your nose more than once, I'm sitting there scratching my nose.

Ask the doctor

I thought I'd pose to Ozzy the same questions that were also asked to therapist and columnist Jonathan Alpert. Try to guess who answered what.

► Is it normal that my cat is my best friend?

A) No, but if your cat is your best friend, great. He won't steal from you. He won't rip you off.

B) Depends. If your friendship with your cat prevents you from developing human ones, then no, it's not normal.

► Is it normal that I forget peoples' names and often can't remember where I parked my car?

A) Yes, it's normal. If, though, it's happening more and more then see your doctor. Stress can lead to forgetfulness. Do your best to manage it and stay organized.

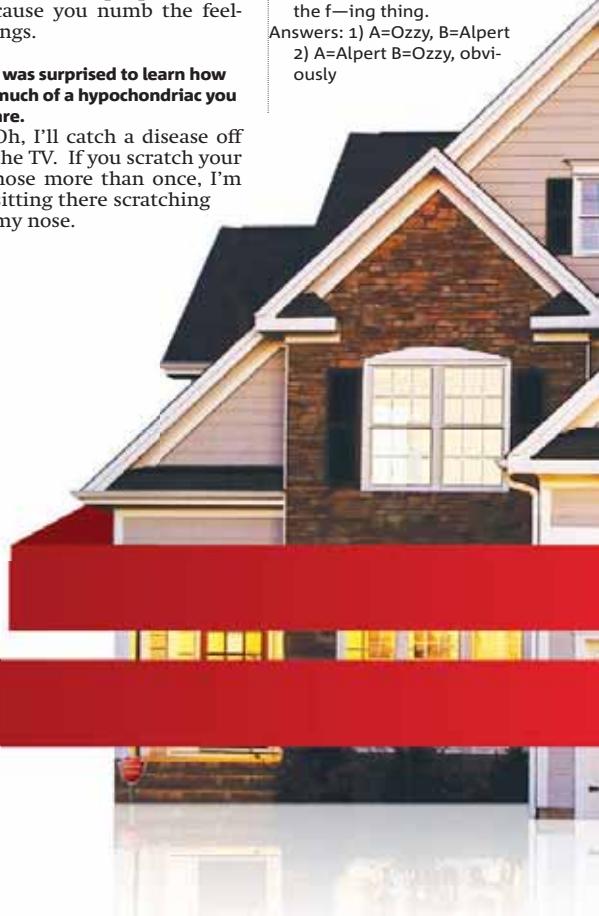
B) My short-term memory is terrible. I'll go, "I put my watch down here, where ... did I put my watch?" Or if I'm holding something I'll go, "Where did I get this ... brush?" And I'm holding the f—ing thing.

Answers: 1) A=Ozzy, B=Alpert
2) A=Alpert B=Ozzy, obviously

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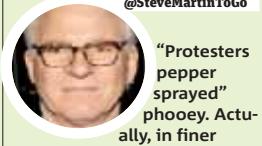
i have no idea how i did it but somehow woke up with my make up still perfect from last night! guess that's 1 thing



Meantime I'm having big Girl party at my house! 7girls ! Eat'n Hysterically Laughing! Then downstairs 2 theatre watched Agora & played xbox



Do we download certain info to the active parts of our brain each day post sleep? Every morning I get excited about the existence of coffee.



"Protesters pepper sprayed" phooey. Actually, in finer restaurants in New York, "pepper milled."

Rowland was tired of 'little nuggets'

Singer Kelly Rowland is opening up about her decision four years ago to undergo breast augmentation surgery after growing tired of having "little nuggets for boobs," she tells Cosmo-



opolitan UK.

"The decision was 10 years in the making, so I'm comfortable talking about it," she says.

"It's something I really wanted to do for myself — not for a man, not for work, for myself. And I love them."

• METRO



Harry turning heads in Cali

► British prince creating some buzz during his trip to The Golden State

Prince Harry has been in California less than a week and he's already turned heads on two separate outings, according to People magazine.

First, the prince hit up McP's Pub in Coronado, Calif., for a burger and a beer with some pals.

"He was very personable. He was a nice guy, very low-key," the bar's manager tells the magazine.

"A couple of girls wanted to take pictures but they said no."

Also over the weekend, Harry and about 20 friends hit the rooftop lounge at the Andaz Hotel in San Diego, where they caroused and watched the Rugby World Cup in a private cabana.



► Prince Harry

DAVID PARKER, WPA POOL/GETTY IMAGES

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Boreanaz at peace with demon?

David Boreanaz is looking on the bright side when it comes to the affair he admitted to having with Rachel Uchitel in 2010, calling the aftermath of his infidelity "a bonding experience, in the long run," according to TV Week.

"In a sacred ground like marriage, you find yourself out of it at certain times for reasons unknown that can be destructive," the Bones star explains.

"There could be a demon that kind of comes out and overtakes you."

• METRO



KEVIN WINTER/GETTY IMAGES



Fitness picks

This rub alleviates pain, minus the nasty chemicals.

Active feet

Kiehl's cross-terrain 'dry run' foot cream An active life means stressed feet. Rub in this dry run foot cream, filled with volcanic extracts, to remove small infections and discomforts caused by perspiration and strain.



Brainwave scanner offers cheat-proof concussion test, aimed at sports leagues

The smoker vs the breathing guru

► Can Alan Dolan, who believes in the power of breathing-as-healing, help our habitual smoker? ► We send her to a 'breathwork' session



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METRO WORLD NEWS IN LONDON

Karin Wertemberg is a 26-year-old who has smoked five cigarettes a day for the last three years. She's tried quitting five times before but it didn't stick. Her habit has left her gasping for air when she walks up the stairs, although she considers herself otherwise healthy. So we sent her to Alan Dolan, a "breathing guru" who claims his "breathwork" is a powerful and safe way to infuse the body with much needed oxygen and energy thereby enabling our own (often depleted) healing systems to bring about physical, emotional and/or psychological healing." Maybe he can help her breathe better.

Wertemberg had this to say about her session:

"Alan started by loosening up my back, which felt great. Then I started to feel this tinkling feeling. It started somewhere around the upper chest, going out

in the arms and made my head feel really dizzy. For a brief moment it was like I was on the verge of having an anxiety attack. It was like I couldn't breathe, or like having too much wine in one go. The sensation moved out through the arms and into hands and fingers. I could definitely feel some energy flow going around, which was quite scary. Apparently, it was all my own doing. I was told to hold my hands on the lower abdomen, keep my mouth open and inhale deep to inflate the lower tummy like a balloon, then release.

It was hard to keep the breathing constantly flowing and effortlessly let the air out quickly. The breathing helped me relax and unblock tension in the body. Once it was over I felt relaxed and had a greater sense of center and focus. But the next day I didn't feel much different. I feel no change whatsoever in my lungs.

I've smoked a bit less since the session, possibly because (of) the guru."



► Take a deep breath — cough, cough, cough.

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Professionals face life crisis

► Dr. Mehmet Oz speaks to Metro



Dr. Mehmet Oz takes some time away from filming season three of *The Dr. Oz Show* to answer one big question for us.

What do you think is the biggest health crisis facing young professionals?

There's no question that there's a massive problem with loneliness. And I know that sounds like a weird first step. I could have picked obesity, which is a huge problem among the young but less so than it is as you get older. And I could have picked stress, but I think the main reason stress is such an issue for so many young professionals is because of loneliness that so many feel.

And I think social networks have attempted to bring back the connections, but I don't think (they've) really addressed it like (they need) to. What helps us make sense of suffering and discomfort is the people in our lives. They define our lives. And so if you're a young professional in America and you're having difficulty connecting, then you have less of a social network that supports us as these crises points hit us. Loneliness is across the globe a big issue. And I think, especially for the young generation, they're going to have to find those tools (to fight it.) It's not going to come through social networks by itself. It's going to take more than that.



Four foods that fight breast cancer

There are some 23,000 new cases of breast cancer in Canada each year, but what you eat can be an important tool in lowering your risk. Here are some examples, rounded up by registered dietitian Matthew Kadry.

Mushrooms: A recent study found that higher mushroom intake by premenopausal women resulted in a lower risk of breast cancer. Add them to scrambled eggs and stir fries, and chop them finely and add to ground meat for burgers or meatloaf.

Pomegranate: The seeds (also called arils) are high

Best Health Minute

in ellagic acid, an antioxidant that may help inhibit breast cancer development. You can garnish oatmeal or rice with the seeds, or add pure pomegranate juice to smoothies or a glass of water.

Lentils: Not on-



ly are these budget friendly and really easy to cook with, they are loaded with folate, fibre and lots of other nutrients that may help stave off breast cancer. Try them in tacos, or toss

them with pasta and chopped fresh vegetables for an easy weeknight dish.

Salmon: It's one of the few foods to contain vitamin D in significant amounts, and researchers from Mount Sinai Hospital in Toronto determined that an increased intake of D is associated with a lower risk of developing breast cancer.

Make tonight's dinner a quadruple disease-fighting punch: Grill a

salmon steak and have it with a lentil-pomegranate-mushroom stir fry on the side.

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They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen



on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

So, if those ads featuring cash waving "customers" send a chill down your spine, it's for good reason.

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WILL YOU STILL FEED ME, WILL YOU STILL BRUSH ME...WHEN I'M 64!



Dr. Wayne Perron
Dental Surgeon

We must apologize to the Beetles and their fans for the title of today's article. However, there is good reason to borrow from this classic song. Believe it or not, it goes to the issue of the link between oral health and overall health.

It turns out that recent studies have drawn a connection between oral health and cognitive functioning, particularly amongst individuals over the age of 60. This is a particularly exciting development, especially as more and more of us have either reached that magical age or are rapidly approaching it.

Turning 60 today is not like it was years ago. Many of us can likely recall our grandparents refusing to participate in certain activities because they were "too old". Today, the 60 plus set is much more interested in living an active lifestyle than ever before. **They may be getting older, but they certainly do not want that to mean they are getting old.**

Eating well and maintaining an active lifestyle are key ingredients to keeping that youthful vigour as we age. In addition, bookstores are full of books with advice on how to maintain an active, highly functioning brain after retirement.

However, the one tip most of these books

miss out on is **good oral health!** A study in the United States examined this very aspect. It used 2,300 participants all over the age of 60 to test certain aspects of their memory. Participants were asked to perform certain memory tests that included, amongst other things, their ability to recall verbal information as well as "serial subtractions".

The results indicated that those individuals that suffered from gingivitis or periodontal disease performed poorly on these tests compared to those with better dental health. In other words, better oral health contributed positively to overall cognitive functioning.

The exact reason for this possible connection is difficult to pinpoint. There is some speculation that the higher levels of particular bacteria associated with gingivitis and periodontal disease could result in a general inflammatory state that inhibits the functioning of the brain.

Regardless as to the exact nature of this connection, it is interesting to again consider how sound oral health is so vital to more than just our teeth! That means you need to **make good oral health practices part of your lifetime commitment!**

So brush at least twice per day, floss at least once and visit your dentist at least every 6 months. A healthy routine like this is essential to reduce the risk of gum diseases such as gingivitis and periodontitis.

Of course, keep your body physically active and your mind mentally sharp as you age as well. When you combine that with a good oral health routine, you are that much more likely to enjoy a sharp mind. Because keeping your mind sharp is a healthy habit...and healthy habits lead healthy lives.

Dr. Wayne Perron
- Dental Surgeon

Mushroom & Squash Bisque**Preparation:**

1 In microwaveable bowl combine butter, onion, carrot, mushrooms and squash. Cover; microwave high, 10 mins. or until vegetables tender. Transfer half vegetables and half broth to blender; purée until

smooth. Repeat with remaining vegetables and broth. Return to bowl;

stir in milk and microwave on high 7 mins. **NEWS CANADA**

Ingredients:

- 1 tbsp (15 mL) butter
- 1 cup (250 mL) each chopped onion and carrot
- ½ lb (250 g) sliced fresh white mushrooms
- 2 cups (500 mL) peeled, cubed squash
- 3 cups (750 mL) chicken broth
- 1/2 cup (125 mL) evaporated milk
- ½ tsp (2 mL) salt

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Of guys who serve burgers and fries

► This joint is a mecca for meat lovers ► Although it beats out drive-through eats, some areas need work



► Bacon cheeseburger (\$7.99), regular fries (\$3.29) and a drink (\$1.99).

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



After a feeding frenzy of turkey this weekend, it's time for beef. And Five

Guys (although there's usually more than 10 in the kitchen) is a great alternative.

Five Guys has been around for more than 20 years, and in August it set up shop in Stittsville.

When you walk through the doors, you're greeted with stacks of potato bags (proving its fresh-cut fry status) and peanuts-in-the-shell (indicating this is not an allergy-friendly destination).

On any burger, all toppings are included. I ordered the regular burger and fries, which comes with two patties and a truckload of fries.

Attempting to get my jaw around this two-patty-cheese-bacon-mushroom stack was record-breaking, but I was satisfied with my bite. It was salty, meaty, fresh and tasty. The fries were disappointing, though, and would have been better if given more time in the fryer.

Overall, this is an A+ burger joint that beats the regular drive-through competition but needs improvement to win over the fans of the local burger haunts.

► **Five Guys**
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Price range: \$\$
Rating: 3 out of 5



DESIGN PICS/STOCK FOUNDRY/VALUELINE/THINKSTOCK

STUDYING STUDY HABITS

IT TAKES TIME AND EFFORT TO PREPARE FOR YOUR EXAMS

Many students get the midterm blues because they are overwhelmed by the looming midterm exams.

Jackie Stewart, a chemistry instructor at the University of British Columbia, says the first problem she encounters is students who “can’t” learn a subject like chemistry. “They need to have the right attitude and think they can learn the material,” she says.

If you struggled in a subject previously, you will find it difficult in the future—but you will find it harder if you approach with defeat in your eyes.

Next up is the cognitive aspect — how you think about the material. Stewart advises learning what the criteria are for the test or assignment. Check out the class’s learning objectives or sample exams and focus on that material. If that isn’t available, just ask the instructor if you are studying the correct material.

“I see far too many students just reading over their notes or textbooks and thinking, ‘I’m ready because I read all of this stuff,’ and they weren’t actually practising on the same kinds of tests that they’re going to be given on the exam,” she says.

Connect the new material to what you already know via “concept maps” that brainstorm how, say, electro felicity relates to nuclear felicity. Summarize the info and then write down everything you know related to the key concept. The process takes you to understanding from remembering.

MANAGE YOUR TIME WISELY

Heather Graham, student academic adviser at Mount Saint Vincent University, says going to university from high school requires developing strong time management skills. “In high school, they’re not on their own,” she says, because teachers and parents play a bigger support role. At university, you’re largely on your own. “We offer a lot of these (time management) sessions for students and they procrastinate and don’t go,” she says. Sign up today.

The last big step is knowing what you know. “All people are really bad at this,” Stewart says.

Look at past tests and take it as evidence of what you don’t know. Learning should be plowing into new territory, so you should feel challenged as you study.

Lana Hastings, vice-president of student services at the University of Winnipeg, says its Take Five program urges students to take breaks to avoid burning out.

For the material itself, Hastings advises seeking help. Student associations often offer free tutoring with senior students. Health plans often provide a few hundred dollars worth of external tutoring.

For solo studying, pair up with a study buddy.

“You can’t really press the snooze button when you know someone is going to be waiting for you,” she says.

—Jon Tattrie

AIM TO DODGE THE FALL FUNK

MANY SERVICES AVAILABLE TO BEAT THE MIDTERM BLUES

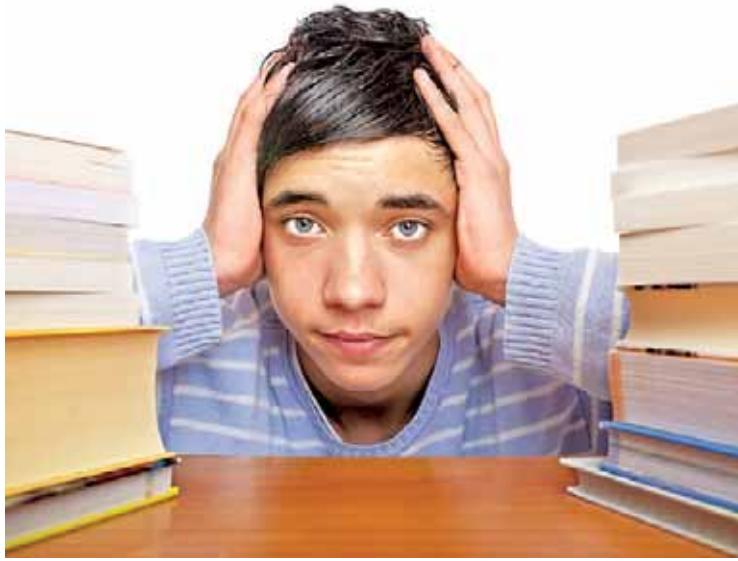
After the rush of frosh week fades and the excitement of a new year on campus turns into the funk of fall, many students lose momentum. But there are ways to beat the midterm blues.

Lana Hastings, vice-president of student services at the University of Winnipeg, says first-year students are especially prone to midterm blues as the pressures of studies, school, volunteer work and even independent living sink in.

"It's not only hard to juggle everything, but it's very hard to keep up your own mental health, physical health and hygiene at the same time. Usually, one thing drops," she says.

A good first step back into the game is to check out the myriad services you are already paying for with your tuition.

"There is a lot of support on campus



HEMERA/THINKSTOCK

that can help them through this," Hastings says. "One obvious example is counselling and career services."

The free drop-in service connects students with peers and professionals to help talk through any particular areas they are struggling with and outline so-

lutions. "It's a great way to have an objective and confidential perspective," she says. "It's very therapeutic."

Financial aid and food banks are available if that's what's causing your emotional downturn, and many campuses offer childcare to ease that burden.

Another big factor in the fall slump is the sense you have been working for ages and the end is not in sight. Instructors and students can combat this with a thorough review of what has been taught so far and having an open conversation to gather students' opinions about the material covered.

Find out what students are struggling with so the classes can be tailored to address existing weaknesses, rather than going over what is already understood.

The University of Alberta has a radical approach to beating the midterm blues: Massive games of dodge ball. To tackle the slump in February, 2,012 students, staff and alumni faced off with 1,006 balls in the world's largest match.

Frank Robinson, the university's dean of students, said aside from getting into the Guinness World Records, the event also took minds off studies and another endless winter.

"It seems like this semester's never going to end, so we do something that is totally uplifting and fun," he says.

And if anyone fancies taking a shot at their record, Robinson says the U of A is ready to return to the court to defend its title.

FIND YOUR INTERESTS

In her third year of university, Jennifer Caron decided to chuck math for psychology because she loved people so much more than numbers.

Today, as a career counsellor at the University of Western Ontario, she happily advises students about the academic choices they are making.

"I often share with students my story so they don't feel bad," says Caron. "It's not that uncommon for students not to know what they want to do."

Research shows that up to 80 per cent of students aren't sure of what they want to major in as they enter college or university, and at least 50 per cent will change streams at least once, maybe more.

If you are thinking about changing majors you need to do some self-exploration, say academic experts. Aptitude tests, career fairs, info sessions and informational interviews with industry leaders are all valuable tools that can help you find the right fit.

Look to your interests, skills, values and personality when deciding what to study. Hard as it may be, try not to be influenced by peers, past teachers and family. Instead, let your passions drive your choice.

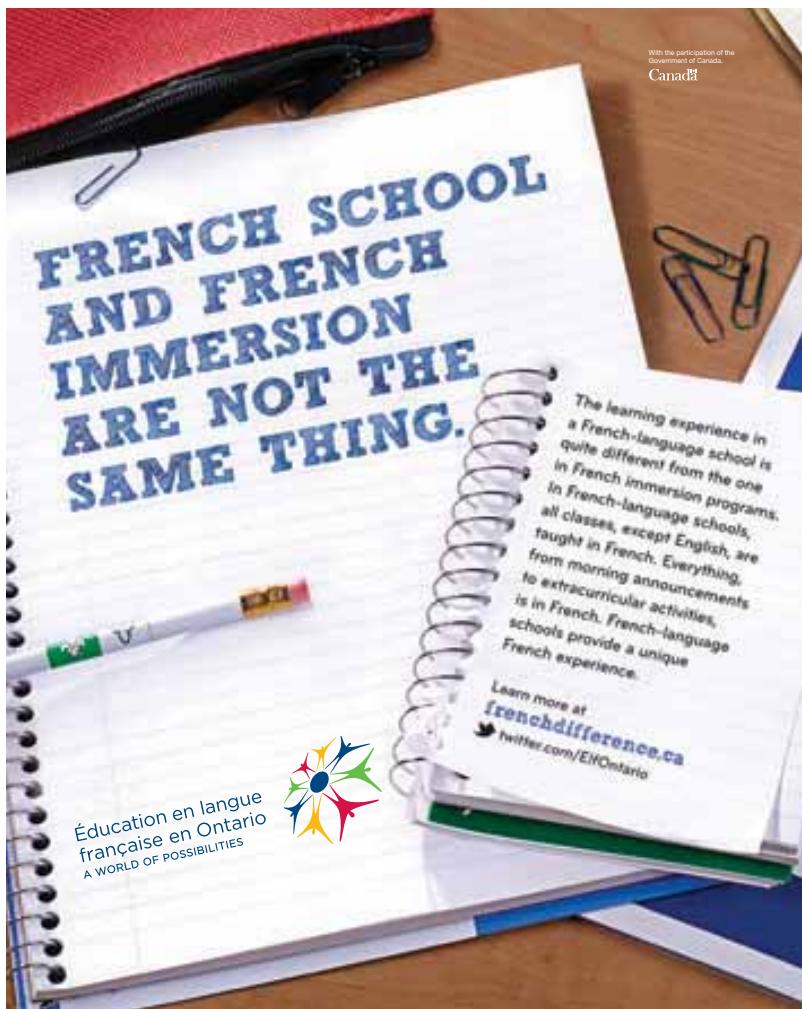
"Interest is a good predictor of career satisfaction," says Danica Heidebrecht, an edu-



ISTOCKPHOTO/THINKSTOCK

cational counsellor with SAIT Polytechnic in Calgary. "If you follow what you're interested in, you're more likely to stick with it."

If you're thinking of changing majors, try to make room in your schedule next term so you can take a course in your new area of interest, recommends Quenta Adams, academic adviser at Dalhousie University. That way, you are leaving your options open.





ISTOCKPHOTO/THINKSTOCK

U OF T HELPING INTERNATIONAL LAWYERS

Earlier this year, the first cohort of international lawyers graduated from a special program at the University of Toronto's Faculty of Law. The Internationally Trained Lawyers Program (ITLP) provides lawyers called to the bar in other countries with academic training for accreditation exams, along with career support, assistance with cultural transitions and exposure to legal practice in Ontario.

According to ITLP director Gina Alexandris, increasing the number of internationally trained lawyers qualified to practise in Ontario will improve the province's justice system. "Lawyers are the gateway to the justice system for most people," she says. "But while recent immigration has made

Ontario increasingly cosmopolitan, the legal profession has not changed at the same rate. As a result, many people — particularly newcomers from other countries — feel isolated from the justice system."

ITLP is a force for change. Students complete more than 200 hours of classroom instruction, practical exercises and sessions in cultural fluency and career development.

The 10-month program also offers internship and mentorship opportunities within Ontario. Created with the financial support of the Government of Ontario, ITLP has enrolled nearly 100 students (from some 27 countries) in its first two years of operation.

PTS HAS VISION TO EMPOWER ALL QUEER PEOPLE

In March 1984, Pink Triangle Services (PTS) was granted status as a registered charity under the Income Tax Act as the first organization openly serving gays and lesbians in Canada.

In the time since, PTS has expanded to working with those who are queer (gay, lesbian, bisexual, transgender, transsexual and two-spirit), advocating for their needs and aiming to bring together a community that is united towards anti-oppression, social justice and equitable opportunities.

"Queer is a term that rallies a coalition of identities, experiences, expressions and lifestyles against a society that can be oppressive towards those that are already marginalized because of their sex, their gender, their orientation or their sexual activity" says Claudia Van den Heuvel, PTS executive director.

The vision at PTS is to empower all queer people in the greater Ottawa area, and to encourage their well-being and prosperity.

We recognize that one of the ways to achieving empowerment is through education. Our diversity and inclusivity training is fast becoming one of the most respected in the city by teaching service providers and educators how to engage the queer community in a way that is competent, confident and sensitive.

Most importantly, we teach about the reinvigoration of a movement fighting for human rights — fighting for the freedom to love and to be.

For more information about PTS, contact executive director Claudia Van den Heuvel at executive.director@ptsottawa.org.

GET READY FOR THE NEXT BIG THING: YOU

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1

FIRST DREAM IT LIVE IT

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motivates

educates

nurtures

www.youvillecentre.org
Tel/Fax 613-231-5150 info@youvillecentre.org

HELPING TEENAGE MOTHERS

WEALTH OF SUPPORT AT YOUVILLE CENTRE

To many Canadian teenagers, graduating from high school is no big deal. Students at Ottawa's Youville Centre, though, see it altogether differently. Given that these students are also young mothers, completing high school represents a significant accomplishment.

"Many of our students have experienced some combination of poverty, abuse or trauma, and some struggle with mental health," says Cindy Simpson, the centre's executive director. "Many are the first in their families to earn a highschool diploma. They're all motivated to be good mothers, which motivates all of the staff to do our best to help them succeed."

Youville Centre offers a wealth of support designed to meet the needs of at-risk young mothers.

The onsite, licensed daycare accom-



Melissa, shown with her son, Jacob, was part of the 2011 graduating class.

YOUVILLE CENTRE PHOTO

modates up to 55 children.

Along with four full-time teachers, students can also access a public health nurse, career guidance, parenting courses, addiction and mental health counselling, and a host of other services. There are also breakfast and lunch programs, cooking classes and a self-serve trading centre for children's clothes, toys and books.

Although tax dollars fund many of the programs, Youville Centre is a registered charity that relies on private and corporate donors.

The graduating class of spring 2011 included 24 proud young women eager to take on the challenges of adulthood.

NO. 1 WITH STUDENTS

When you enrol at St. Lawrence College, you do so knowing that the pot of gold at the end of rainbow is a job you love. Ranked No. 1 in the province for graduate satisfaction and No. 2 for employer satisfaction, the college boasts an exemplary reputation.

"We're pretty proud of that," says Heather Gregg, a marketing analyst at SLC. "If our students and employers are saying, 'Hey, you did your job right' then I think that speaks pretty highly of our college."

Its A-list standing is nothing new. For the past seven years, SLC has ranked No. 1 or No. 2 among students and employers in the Key Performance Indicator survey compiled annually by the Ministry of Training, College and Universities.

With 6,600 students on campuses in Kingston, Brockville and Cornwall, St. Lawrence College offers more than 80 one- to four-year programs in such areas as applied arts, skilled trades and computer and engineering technology.

The school also offers innovative green programming with its wind turbine technician program and an environmental technician program. The college's more popular programs this year include those within the community service program, health sciences,

ST. LAWRENCE SETS YOU APART

Get an education that gets you the job you dream of, and the life you love. Get the knowledge and training that sets you apart. St. Lawrence College is No. 1 in the province for graduate satisfaction and ranked second for employer satisfaction. That means that 95 per cent of employers are satisfied with the quality of the educational preparation of SLC grads. Further, 88 per cent of SLC graduates found employment within six months of graduation. With more than 80 programs and three friendly campuses, St. Lawrence College is the place for you to learn the skills you need to prepare for tomorrow.

justice studies, music theatre and its culinary program.

Established in 1967, the school has undergone tremendous growth in the last decade, doubling its student population. Located along the shores of the St. Lawrence River, SLC bills itself as offering a world-class education without the hassles of big-city living.

ADD A NEW LANGUAGE

FRENCH EDUCATION OFFERS STUDENTS MORE SKILLS



CONTRIBUTED

French-language education (FLE) in Ontario is a complete network of public and Catholic schools, colleges and universities offering a broad spectrum of high-quality programs and services.

FLE strives to maintain a high level of bilingualism and long-term proficiency and consistently achieves high test scores with its students. The results speak for themselves: Provincewide tests, administered by the Education Quality and Accountability Office (EQAO), reveal the overwhelmingly positive results of French-language education.

Grade 6 students attending French-language schools considerably outperform the province's other students in mathematics, writing and reading. The same is true regarding high school graduation rates among Ontario students attending French high schools.

FLE spokesman François Benoît says, "Students attending French-language schools have outstanding results on

provincial testing. They also graduate high school with strong bilingual skills and, thereby, have excellent chances of pursuing the post-secondary or training program of their choice. We accompany them in becoming better citizens of the world."

In addition to ensuring the academic, personal and professional success of its students, FLE is dedicated to conveying and promoting the French language and the culture of the francophone community in Ontario.

To learn more about French-language education in Ontario and its member schools, colleges and universities, visit fleontario.ca.

UNIVERSITY OF TORONTO
FACULTY OF LAW
Internationally Trained Lawyers Program



Your time is now!

Attend one of our upcoming Open House & Information Sessions to find out more about our programs:

University of Toronto Faculty of Law, Flavelle House, Rowell Room

October 12	November 23	January 11	February 1
2-4 pm	4-6 pm	2-4 pm	4-6 pm

Mississauga Central Library, Classroom 3

November 1	
4-7 pm	

www.itlp.utoronto.ca • 416.978.6770 • itlprogram.law@utoronto.ca

The ITLP is a recent recipient of the following awards and honours:

InnovAction

2011 InnovAction Award Winner

TRIEC

Shortlisted for TRIEC's 5th Annual Immigrant Success (IS) Awards

Ontario

Canada

Security in cash

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

 With the Canadian market officially in bear territory last week, down 20 per cent for the year, and global markets not far behind, many investment statements are looking pretty ugly.

Where on earth can we find a safe haven to ride this one out? I have one. Cash.

Having a portion of your portfolio in cash investments, like GICs, offers a guaranteed return that helps keep your portfolio afloat.

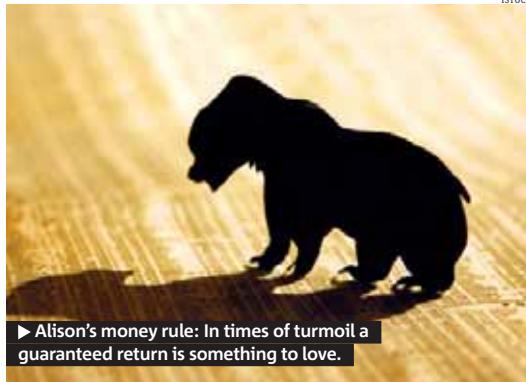
Inside a TFSA or RRSP you won't pay tax on the income.

Because rates are so miserably low it pays to comparison-shop.

For example, at my bank brokerage the best rate for a one-year GIC issued by the bank was 0.9 per cent last Friday.

But there's a little known alternative called third-party GICs.

They are issued by other financial institutions such as credit unions and also available through your brokerage.



► Alison's money rule: In times of turmoil a guaranteed return is something to love.

The top one-year rate I found was 1.75 per cent for an AGF Trust GIC.

There is less difference for longer maturities like three and five years.

Treat GICs as a fixed term investment and plan to hold them until they mature, otherwise you will lose some or all of your interest.

There are cashable GICs but they offer lower interest rates.

Another option I really like is the only Canadian money market exchange traded fund (ETF).

ETFs are investment products — not mutual funds — that simply track an index. They are cheap and transparent.

The Claymore Premium Money ETF is listed on the Toronto Stock Exchange, ticker symbol

CRM, and has a management fee of just 0.25 per cent.

You can set up an automatic purchase plan with Claymore to avoid paying a trading commission with each purchase.

Go to claymoreinvestments.ca and click on PACC (pre-authorized cash contribution.)

The current yield on CRM is about 1.1 per cent.

Not as good as you'd get from a locked-in GIC but you can make small purchases monthly and the yield will rise in lock step with rates.

If you need more information, call Claymore, 866-417-4640.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISON@GRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

DEAF OR NOT, CONFIDENCE IS THE KEY TO PICKING UP

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Andrea: Dear Deaf Romeo, In my experience with the male pick-up artist, appearances and even personality do not determine success.

Deaf or not, the main reason guys fail miserably in meeting women is often due to a lack of confidence.

Guys who are assertive usually get the girl.

And don't forget that a lot of the communication between a man and a woman is transmitted wordlessly.

So perhaps you need to look at how you see yourself — are you as confident as you would like to be perceived, and how much of a handicap do you see your deafness being?

Your deafness may not seem so important once she's seen how well you bowl/rock-climb/paint ...

Please write to us again and let us know how it goes!

Claire: Dear Deaf Romeo,

You sound like you have something that many hearing men don't, and that is courage.

Most of the population finds it hard to meet people in pubs and nightclubs — these are loud, noisy places that don't necessarily bring out the best in people.

Why not try and meet

POP QUIZ

I keep reading news about a slowdown in the US economy — should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives
Column: Negative news provides a drag on the market.

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing,
financial planning, student money
and calculators provided by TD Bank.

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Quoted



"At 1-4 right now, this isn't a great feeling, especially for a team like us and we've just got to figure it out."

PHILADELPHIA EAGLES
RECEIVER DESEAN JACKSON.
THE EAGLES ARE 1-4
FOLLOWING A 31-24 LOSS AT
BUFFALO ON SUNDAY AND
THEIR SUPER BOWL
EXPECTATIONS HAVE BEEN
REDUCED TO A MERE
FANTASY.



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sports news.

Tigers drop another one

► Rangers win with 11th-inning grand slam to take 2-0 lead in AL championship series



Nelson Cruz hit the first game-ending grand slam in post-season history, lifting the Texas Rangers over the Detroit Tigers 7-3 in 11 innings last night for a 2-0 lead in the AL championship series.

Cruz also hit a tying home run in the seventh inning. His second homer of the game was a high drive to left field off Ryan Perry with nobody out in the 11th, and came after a misplay in the Detroit outfield loaded the bases.

Cruz connected for the fourth grand slam in the playoffs this year. Ryan Roberts and Paul Goldschmidt of Arizona and Robinson Cano of the Yankees also hit them.

STATS LLC confirmed that Cruz's shot was the first slam to end a post-season game — with a postscript. Robin Ventura sent a tiebreaking drive over the fence to finish a New York Mets win in Game 5 came to be known as "the grand slam-single."

but was swarmed by teammates between first and second.

Ventura never made it around the bases and was officially credited with a single. His 15th-inning drive for a 4-3 Mets win in Game 5 came to be known as "the grand slam-single."

The Tigers and Rangers

both blew bases-loaded chances in the ninth. Texas shortstop Elvis Andrus made a juggling, over-the-shoulder catch in shallow centre field on a flare by Victor Martinez, cradling the ball against his chest to end the inning. Andrus and Texas part-owner Nolan Ryan

each flashed a sheepish smile.

In the Texas ninth, Detroit first baseman Miguel Cabrera started and ended a nifty double play on Mitch Moreland's sharp grounder. David Murphy hit a flyball to shallow left for the first out, keeping the bases loaded.

Texas relievers combined for 8 1/2 scoreless innings, starting the string shortly after Ryan Raburn's three-run homer off starter Derek Holland put the Tigers ahead 3-2 in the third.

Game 3 is tonight in Detroit.

THE ASSOCIATED PRESS

As deadline looms, NBA talks resume

\$350M

**A union estimate of
how much players
would lose during
each month of a
lockout.**

Facing a Monday deadline to reach a deal or have regular-season games cancelled, NBA owners and players have resumed talks toward ending the lockout.

Commissioner David Stern said last week he would cancel the first two weeks of the season without an agreement on a new labour pact.

Opening night is scheduled for Nov. 1.

Top negotiators for both sides returned about 14

hours after ending talks Sunday night. They are still apart on the main issues of the division of revenues and the salary cap system, with many lesser items not even discussed.

Owners locked out the players July 1 when they couldn't reach a deal before the expiration of the old collective bargaining agreement.

The revenue split has been such a headache that the sides didn't even discuss it Sunday night. Players were guaranteed 57 per cent of basketball-related income in the previous deal and have proposed going as low as 53 per cent.

THE ASSOCIATED PRESS

TEBOW OR NOT TEBOW?

Broncos to reveal starting QB today

John Fox is going to wait a day to announce his starting quarterback.

The Denver Broncos coach gave his players the day off yesterday and didn't want to let everyone else know before Tim Tebow or Kyle Orton finds out.

Tebow replaced Orton and energized the Bron-

cos and their fans before coming up short in a 29-24 loss to San Diego on Sunday.

Despite his flawed footwork and trouble handling the snaps from centre J.D. Walton, Tebow threw for a touchdown and ran for another in nearly erasing a 16-point fourth-quarter deficit.

Fox insisted he didn't even know himself who his quarterback will be. He said he would meet with his staff and review the film yesterday, then reveal his decision when his players reconvene today.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
Pittsburgh	3	2	0	0	1	10	8	5	0-0-0	2-0-0-1	2-0-0-1	L1
Buffalo	2	2	0	0	0	8	3	4	1-0-0	1-0-0	2-0-0	W2
Toronto	2	2	0	0	0	8	5	4	2-0-0	0-0-0	2-0-0	W2
Philadelphia	2	2	0	0	0	5	1	4	0-0-0	2-0-0	2-0-0	W2
Washington	1	1	0	0	0	4	3	2	1-0-0	0-0-0	1-0-0	W1
Florida	1	1	0	0	0	2	0	2	0-0-0	1-0-0	1-0-0	W1
Tampa Bay	2	1	1	0	0	6	5	2	0-0-0	1-1-0	1-1-0	L1
Montreal	2	1	1	0	0	5	3	2	0-0-0	1-1-0	1-1-0	W1
New Jersey	2	1	1	0	0	4	5	2	1-1-0	0-0-0	1-1-0	W1
NY Islanders	2	1	1	0	0	2	3	2	1-1-0	0-0-0	1-1-0	W1
NY Rangers	2	0	0	1	1	3	4	2	0-0-0	0-0-1	0-0-1	L2
Boston	3	1	2	0	0	5	4	2	1-2-0	0-0-0	1-2-0	L1
Carolina	3	0	2	1	0	6	13	1	0-1-0	0-1-0	0-2-0	L3
Winnipeg	1	0	1	0	0	5	1	0	0-0-0	0-0-0	1-0-0	L1
Ottawa	2	0	2	0	0	8	11	0	0-0-0	0-2-0	0-2-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
Detroit	2	2	0	0	0	8	3	4	1-0-0	1-0-0	2-0-0	W2
Nashville	2	2	0	0	0	7	4	4	0-0-0	2-0-0	2-0-0	W2
Dallas	3	2	1	0	0	6	7	4	2-0-0	0-1-0	2-1-0	W1
San Jose	1	1	0	0	0	6	3	2	1-0-0	0-0-0	1-0-0	W1
Edmonton	1	1	0	0	0	2	1	2	1-0-0	1-0-0	1-0-0	W1
St. Louis	2	1	1	0	0	7	6	2	1-1-0	0-0-0	1-1-0	W1
Chicago	2	1	1	0	0	6	4	2	1-0-0	0-0-0	1-1-0	W1
Minnesota	2	1	1	0	0	5	4	2	1-0-0	0-1-0	1-1-0	L1
Los Angeles	2	1	1	0	0	5	6	2	1-1-0	0-0-0	1-1-0	L1
Anaheim	2	1	1	0	0	3	5	2	1-0-0	0-1-0	1-1-0	W1
Colorado	2	1	1	0	0	1	3	2	1-0-0	1-0-0	1-0-0	W1
Vancouver	1	0	0	1	1	3	4	1	0-0-1	0-0-1	0-1-1	L2
Phoenix	2	0	1	0	1	4	8	1	0-0-0	0-1-0	0-1-0	L2
Calgary	2	0	2	0	0	5	10	0	0-1-0	0-1-0	0-2-0	L2
Columbus	2	0	2	0	0	4	7	0	0-1-0	0-1-0	0-2-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results

St. Louis 5 Calgary 2
Colorado 1 Boston 0
Dallas 2 Phoenix 1 (SO)
New Jersey 4 Carolina 2
NY. Islanders 2 Minnesota 1
Tampa Bay at Washington
Vancouver at Columbus
Sunday's results
Edmonton 2 Pittsburgh 1 (SO)
Montreal 5 Winnipeg 1
Saturday's results

Toronto 6 Ottawa 5
Pittsburgh 5 Calgary 3
Boston 4 Tampa Bay 1
Chicago 5 Dallas 2
Detroit 3 Colorado 0
Florida 2 N.Y. Islanders 0

Minnesota 4 Columbus 2
Nashville 4 St. Louis 2
Philadelphia 3 New Jersey 0
San Jose 6 Phoenix 3

Washington Carolina 3 (OT)
At Berlin
Buffalo 4 Los Angeles 2

At Stockholm
Anaheim 2 N.Y. Rangers 1 (SO)

Tonight's games
All Times Eastern

Florida at Pittsburgh, 7 p.m.

Minnesota at Ottawa, 7:30 p.m.

Tomorrow's games

Colorado at Columbus, 7 p.m.

Vancouver at Philadelphia, 7:30 p.m.

Boston at Carolina, 7:30 p.m.

BLUES 5, FLAMES 2

First Period

1. Calgary, Glencross 2 (Jokinen, Stempniak) 0:03
2. St. Louis, Steen (Arnott, D'Agostin) 18:51
Penalties — Iglnia Cal (high-sticking) 3:24, Iglnia Cal (high-sticking) 19:20.

Second Period

3. St. Louis, Shattenkirk 1 (Langenbrunner, McDonald) 3:39
4. St. Louis, Pietrangelo 1 (Berglund, Oshie) 15:30
5. Calgary, Iglnia 1 (Giordano, Tangray) 16:55 (pp)
Penalties — Giordan Cal, Langenbrunner StL (roughing) 8:37, Shattenkirk STL (high-sticking) 10:44, Nikitin STL (tripping) 16:36.

Third Period

6. St. Louis, Stewart 1 (Pietrangelo) 3:44

7. St. Louis, Arnott 2 (McDonald) 14:22

Penalties — Reaves STL (interference) 2:33, Moss Cal (tripping) 3:23, Glencross Cal (slashing) 20:00.

Shots

Calgary 7 8 2 17

St. Louis 12 13 10 35

Goal — Calgary; Karlsson (L-O-1-0); St. Louis: Halak (W-1-1-0). Power plays (goals-chances)

— Calgary: 1-3; St. Louis: 0-3.

Referees — Gord Dwyer, Stephen Walkom.

Linesmen — Jay Sharers, Darren Gibbs.

Attendance — 19,150 (19,150) at St. Louis, Mo.

SCORING LEADERS

	G	A	P
Kessel, Tor	3	2	5
Lewand, Nash	2	3	5
Vanek, Buf	2	3	5
Kopitar, LA	3	1	4

Not including yesterday's games

MLB PLAYOFFS

LEAGUE CHAMPIONSHIP SERIES
(Best-of-7)
All Times Eastern

AMERICAN LEAGUE

TEXAS (W) VS. DETROIT (C)

(Texas leads series 2-0)

Yesterday's result

Texas 7 Detroit 3 (11 inn.)

Saturday's result

Texas 3 Detroit 2

Tonight's game

Texas (Lewis 14-10) at Detroit (Fister 11-13), 8:05 p.m.

Tomorrow's game

Texas (Harrison 14-9) at Detroit (Porcello 14-9), 4:19 p.m.

Thursday's game

Texas at Detroit (Verlander 24-5), 4:19 p.m.

Saturday, Oct. 15

x-Detroit (Scherzer) at Texas, 8:05 p.m.

Sunday, Oct. 16

x-Detroit (Fister) at Texas, 8:05 p.m.

NATIONAL LEAGUE

MILWAUKEE (C) VS. ST. LOUIS (WC)

(Milwaukee leads series 1-0)

Last night's result

St. Louis at Milwaukee

Sunday's result

Milwaukee 9 St. Louis 6

Tomorrow's game

Milwaukee (Galardo 17-10) at St. Louis (Carpenter 11-9), 8:05 p.m.

Thursday's game

x-Milwaukee at St. Louis, 8:05 p.m.

Sunday, Oct. 16

x-St. Louis at Milwaukee, 4:05 or 8:05 p.m.

Monday, Oct. 17

x-St. Louis at Milwaukee, 8:05 p.m.

x — if necessary.

RANGERS 7, TIGERS 3 (11 INN.)

Detroit ab r h bi Texas ab r h bi
A/Jcksn cf 4 0 0 0 Kinsler 2b 5 0 0 0

RSangt 2b 6 0 2 0 Andrus ss 3 1 1 0

DYong lf 4 0 0 0 JHmlnt cf 5 1 2 1

Kelly rf-2b 3 0 2 0 MiYong dh 5 1 1 0

McCarb 1b 5 1 1 0 Abreltre 3b 5 1 3 1

VMrthz dh 4 1 0 0 Napoli c 4 1 1 0

Rabun rf-f 3 1 1 3 N.Cruz rf 4 2 3 5

JhPerf ss 4 0 1 0 DvMrp lf 4 0 0 0

Avila c 5 0 1 0 Mornd 1b 4 0 0 0

Inge 1b 1 0 0

Dirks ph-rf 2 0 0 0

Totals 40 3 8 3 Totals 39 7 11 7

Detroit 003 000 000 0-3

Texas 200 000 100 0-4

No outs when winning run scored.

E—Moreland (1), DP—Detroit 2, LOB—Detroit 13, Texas 6—28, Kelly (1), Mi.Cahera (1), Jh.Peralta (1), J.Hamilton (1), A.Beltre 2 (2), N.Cruz (1).

HR—Raburn 2, S.Jh.Peralta, Inge, Detroit 1.

BB—Moreland, Texas 1, Jh.Peralta, Inge, Detroit 1.

SO—Dirks, Texas 1, Inge, Detroit 1.

Penalties — Perry L-1 0 4 4 0 0 0

Texas 2-4, Detroit 5-1 (A-51,227 (49,170) at Arlington, Texas.

Not including yesterday's games

Buffalo 31 Philadelphia 24

Cincinnati 30 Jacksonville 20

Green Bay 25 Atlanta 14

Kansas City 28 Indianapolis 24

Minnesota 24 Arizona 10

New England 30 N.Y. Jets 21

New Orleans 30 Carolina 27

Oakland 25 Houston 20

Pittsburgh 28 Tennessee 17

San Diego 29 Denver 24

Seattle 36 Tampa Bay 3

Seattle 36 N.Y. Giants 25

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Seattle 36 Tampa Bay 3

Seattle 36 N.Y. Giants 25

Not including yesterday's games

Buffalo 31 Philadelphia 24

Crossword

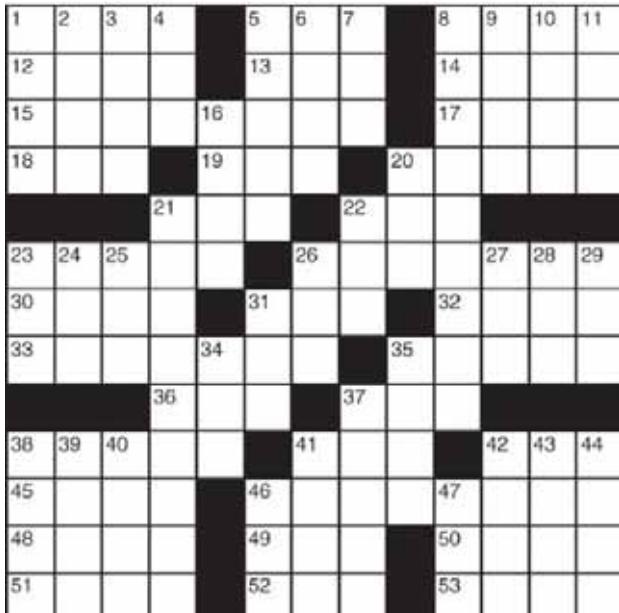
Across

1 Sculpting medium
5 1/6 fl. oz.
8 — on first?
12 Title
13 — carte
14 Apiary structure
15 Jungle-like
17 Persia, now
18 Shrrl bark
19 Cage component
20 Refine ore
21 Cauldron
22 Two, in Tijuana
23 Chef's garb
26 Broadway presentation
30 Authentic
31 14-Across dweller
32 "The Da Vinci —"
33 Like sorcery
35 "Humpty Dumpty — a wall"
36 Yank
37 Aviv lead-in
38 Denude
41 Dopey companion?

42 — Camera"
45 Ice cream shop
abbr.
46 Upright
48 Sills solo
49 Type measures
50 Bride's concealment
51 Think (over)
52 Sticky stuff
53 Whirling water

Down

1 Urban area
2 Actress Loughlin
3 On



4 Mouth, slangily
5 Implied
6 Thick chunk
7 Chum
8 Capricious
9 Employ
10 Elliptical
11 Faxed or emailed
12 Pressing need?
20 "Help!"
21 Governmental
22 Payable
23 Branch
24 Pod occupant
25 Tatter
26 Funnyman Brooks
27 Barracks bed
28 Commotion
29 Author Deighton
31 Satchel
34 Coffee holder
35 Denomination
37 Human trunk
38 Con game
39 Via, for short
40 Disturb
41 Showroom sample
42 Scored 100 on
43 Hotel staffer
44 Partner in crime
45 Via, for short
46 — out (relax)
47 — Got a Se-

► Friday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20 Some people believe that might makes right, but you know better.

Taurus April 21-May 21 The important thing now is knowing when to work with other people and when to work against them.

Gemini May 22-June 21 You could win big today, but you could just as easily lose everything. Think before you act.

Cancer June 22-July 22 Employers and other important people can see you mean business. That's good.

Leo July 23-Aug. 23 You will be

easily provoked today, especially if you think that someone is taking liberties at your expense.

Virgo Aug. 24-Sept. 22 Stick to your principles, even if by doing so you lose out financially.

Libra Sept. 23-Oct. 23 Some individuals will be difficult to get along with today but you can make things easier for yourself by refusing to get involved in fights or feuds that serve no purpose.

Scorpio Oct. 24-Nov. 22 Something will happen today that takes other people by surprise, but you saw it coming.

Sagittarius Nov. 23-Dec.



Today's horoscope

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

girl

Thank you for such a beautiful weekend. You know, when you asked me what I was most thankful for, I made a stupid joke... but the truth is, what I'm most thankful for more than anything, is our love. It will flourish for as long as the second hand ticks. You are mine for all of time.

FROM YOUR GUY

Matt

I still think about you all the time. I hope I get to see you on Monday if not have a good Thanksgiving.

FROM R

Oh

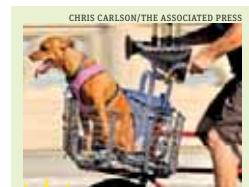
Happy dolphins n rainforests said hi to you:) LOL..look after yourself pl. Thanks for being so wonderful

FROM CHEERS

Caption contest



"The spinnin' wheel of death hits Hollywood!"
HARRISON



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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08 Lincoln Mark LT



• 4x4, Loaded, Roof, Lthr, Auto
• st: 32051
• km: 62079
\$31,870
\$279**
Bi-weekly

07 Mazda CX-9



• Loaded, A/C, Auto, roof
• st: 32834
• km: 80397
\$17,950
\$164**
Bi-weekly

08 Benz B200



• Loaded, A/C, Auto, roof
• st: 32353
• km: 66500
\$17,880
\$163**
Bi-weekly

11 Mazda2



• Loaded, A/C, Auto, Brand New
• st: 32649
• km: 30
\$16,950
\$137**
Bi-weekly

09 Nissan Versa



• Loaded, A/C, Auto
• st: 32444
• km: 73757
\$10,950
\$89**
Bi-weekly

11 Volvo C70



• Hardtop Convert, Loaded, Lthr, Auto
• st: 32285
• km: 19652
\$39,930
\$309**
Bi-weekly

09 BMW 323i



• Loaded, A/C, Roof, Lthr, Auto
• st: 32928
• km: 46611
\$25,850
\$200**
Bi-weekly

09 Toyota Venza



• AWD, Loaded, A/C, Auto, Roof
• st: 31787
• km: 22487
\$26,850
\$208**
Bi-weekly

11 Mazda3 GX



• Loaded, A/C, Auto
• st: 32871
• km: 28520
\$15,950
\$129**
Bi-weekly

10 Kia Soul



• Loaded, A/C, Roof, Auto
• st: 32895
• km: 53986
\$16,650
\$134**
Bi-weekly

08 Lexus IS 250



• Loaded, A/C, Auto
• st: 32790
• km: 55516
\$21,850
\$191**
Bi-weekly

08 LandRover LR2 SE



• Loaded, Roof, Lthr, Auto
• st: 32103
• km: 82605
\$21,870
\$192**
Bi-weekly

07 Mazda CX-7



• AWD, Loaded, A/C, Auto
• st: 32910
• km: 79946
\$15,650
\$143**
Bi-weekly

09 Kia Rio



• Loaded, A/C, Auto
• st: 32437
• km: 63588
\$9,820
\$79**
Bi-weekly

07 Hyundai Accent



• Loaded, A/C, Auto
• st: 32931
• km: 96970
\$6,850
\$62**
Bi-weekly

08 Benz C300



• Loaded, A/C, Roof, Lthr
• st: 32357
• km: 40721
\$28,650
\$251**
Bi-weekly

07 Cadillac STS



• AWD, Loaded, Roof, Lthr, Auto
• st: 29658
• km: 79888
\$19,850
\$181**
Bi-weekly

07 Benz ML320



• Diesel, AWD, NAV, Roof, Lthr
• st: 32168
• km: 72545
\$34,680
\$304**
Bi-weekly

11 Suzuki Swift



• Loaded, A/C, Auto
• st: 32804
• km: 24243
\$11,960
\$97**
Bi-weekly

10 Hyundai Elantra



• Loaded, A/C, Auto
• st: 32888
• km: 68807
\$12,890
\$104**
Bi-weekly

UNBEATABLE OFFERS ON ALL MAKES & MODELS

07 VOLVO V50

LOADED, A/C, ROOF, AUTO • 77781km
st:32538 • **\$16,750** • bw:\$153**

09 FORD RANGER SPORT

4X4, LOADED, A/C, AUTO • km:27389
st:32615 • **\$17,650** • bw:\$143**

10 FUSION SE

LOADED, A/C, AUTO • 66478km
st:32783 • **\$15,750** • bw:\$127**

07 TOYOTA RAV4 4WD

LOADED, A/C, AUTO • 94969km
st:32215 • **\$16,840** • bw:\$153**

08 SATURN VUE XR AWD

LOADED, A/C, AUTO • 60545km
st:32194 • **\$16,410** • bw:\$149**

07 IMPREZA AWD

LOADED, A/C • 96310km
st:31392 • **\$12,870** • bw:\$117**

11 SONATA

LOADED, A/C, AUTO • 56556km
st:32771 • **\$17,950** • bw:\$145**

10 PATRIOT 4WD

LOADED, A/C, AUTO • 51641km
st:32950 • **\$16,950** • bw:\$137**

09 LIBERTY 4WD

LOADED, A/C • 96659km
st:11379 • **\$13,850** • bw:\$112**

11 FRONTIER 4X4

LOADED, A/C, AUTO • 17768km
st:32724 • **\$29,980** • bw:\$232**

10 SUZUKI SX4

LOADED, A/C, AUTO • 52490km
st:32918 • **\$11,750** • bw:\$95**

10 COROLLA CE

LOADED, A/C, AUTO • 62483km
st:32949 • **\$13,850** • bw:\$112**

11 ESCAPE XLT AWD

LOADED, A/C, AUTO • 96659km
st:32523 • **\$13,850** • bw:\$112**

08 ACCORD

LOADED, A/C • 105003km
st:32995 • **\$13,750** • bw:\$125**

07 UPLANDER

LOADED, A/C • 90676km
st:32810 • **\$8,850** • bw:\$81**

07 VOLVO XC70 AWD

LOADED, A/C, LTHR, AUTO • 112608km
st:32911 • **\$16,980** • bw:\$155**

07 MATRIX

AUTO • 51160km
st:32935 • **\$10,450** • bw:\$95**

09 SANTA FE

LOADED, A/C, AUTO • 47104km
st:32070 • **\$17,850** • bw:\$144**

10 GR.CARAVAN SE

STOW N GO, LOADED, A/C • 62166km
st:32867 • **\$15,950** • bw:\$129**

10 LANCER

LOADED, A/C, AUTO • 63749km
st:32806 • **\$14,850** • bw:\$120**

11 SENTRA XTRONIC CVT

LOADED, A/C, AUTO • 21563km
st:32761 • **\$14,950** • bw:\$121**

07 VOLVO XC70 AWD

LOADED, A/C, AUTO, LEATHER • 112608km
st:32911 • **\$16,980** • bw:\$155**

07 ALTIMA 2.5S

LOADED, A/C, AUTO • 75294km
st:32443 • **\$14,950** • bw:\$121**

08 GOLF CITY

LOADED, A/C • 53893km
st:32500 • **\$12,970** • bw:\$118**

10 KIA FORTE LX

LOADED, A/C, AUTO • 53397km
st:32894 • **\$13,450** • bw:\$109**

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